



AMY YEE TENNIS CENTER
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ADULT PROGRAM DESCRIPTIONS

Register for programs on the SPARC website (seattle.gov/parks), by telephone, or in person
Please limit your sign-ups to FIVE programs maximum per person

It is important that you sign up for the proper level which matches your current ability. If it is discovered that someone is in the wrong level, they will be removed from the program, and there is no guarantee there will be space in the appropriate level.

ADULT FLIGHTS

Men's, women's, and mixed doubles intramural "flights" (also known as leagues) are offered year-round. Morning and evening flights, including men's and women's rotation, team and mixed compete seven days a week. Prior to registration, ratings will be required of all participants to ensure entry into the appropriate levels (only NTRP or Amy Yee Tennis Center ratings are acceptable). On-going adjustments will be made in flight levels to maintain compatible abilities.

ADULT GROUP LESSONS

The adult group lessons, for players 18 years of age or over, emphasize all the basic elements of stroke production, with drills designed to work on control, consistency, concentration, basic game strategy, and tactics for singles and doubles play. Players are exposed to tennis as a source of lifetime fitness and fun.

ADULT PLAY-INSTRUCTS

Play-Instruct classes are designed to work on stroke production, court positioning and strategies to improve your doubles game. Players below the NTRP listed for these classes should sign up for one of our ADULT GROUP LESSONS. "ADVANCED" – 4.0 NTRP: Emphasis is on percentage play, specialty shots (i.e. drop shots, underspin approach).

ADULT LEVELS/RATINGS

INTRO TO TENNIS (1.0): This player has had little to no formal tennis instruction or has not had any formal tennis instruction within the past 2 years. The main emphasis of this class is proper technique and less on placing the ball in play. Players may only advance with instructor approval.

BEGINNER (1.5): This player has limited experience but has a general understanding of basic stroke techniques (groundstrokes, volleys, serves, etc.). This class with focus on introducing players to strokes, grips, court positioning and scoring. This player's major emphasis is getting the ball into play. Players can only advance with instructor approval.

ADVANCED BEGINNIE (2.0): This player is beginning to develop the ability to sustain short rallies at a slow pace with other 2.0 players; is becoming familiar with basic positioning for singles and doubles, but court coverage and court positioning are still a concern; tends to have an incomplete swing on groundstrokes, lack directional intent and tends to avoid hitting backhands or net play. Players can only advance with instructor approval.

LOW INTERMEDIATE (2.5): This player can sustain a short-to-moderate rally at slow pace; however, consistency and court coverage are still a concern. Developing directional intent on groundstrokes, but still avoids backhand. Is attempting a full swing on serves and can get the ball in at a slow pace, but inconsistent. Player is still more comfortable at the baseline than at the net. When playing doubles, players tend to remain in the one-up-one-back position. Players can only advance with instructor approval.

INTERMEDIATE (3.0): This player can sustain moderate paced rallies, and has improved directional intent and court coverage. This player's backhand is no longer a major weakness, but still prefers to hit the forehand. Serving with full-swing and is developing some power and directional intent but the second serve is weak. This player is becoming more comfortable at the net, but has an inconsistent backhand volley. When playing doubles, the most common formation is still one-up-one-back, but will approach the net when play dictates (i.e., on short balls). Players can only advance with instructor approval.

ADVANCED INTERMEDIATE (3.5): This player has improved consistently & variety on moderately paced shots, improved directional control, and is developing spin. Still struggles to control faster paced, deep or high shots, but is improving. Court coverage and positioning are improved, and is starting to look for opportunities to come to the net, especially in doubles. Starting to serve with improved power and control and is developing spin, especially on second serves. Exhibits improved net play, but still struggles to put volleys away. Players can only advance with instructor approval.

ADVANCED (4.0/4.5): This player has good consistency, hits with control and depth on moderately paced shots. Player can hit with both topspin and underspin. Can place both first and second serves, with power on the first serve and spin on the second serve. Handles low and wide volleys well, and puts away forehand volleys, Exhibits directional control on backhand volleys, but lacks power and depth. In doubles both players get up to the net, can easily put away overheads, and are able to poach effectively. This player struggles with playing percentage tennis.

JUNIOR PROGRAMS

TINY TOTS

The Tiny Tots program is designed for aspiring tennis players ages 4 ½ -7. Classes are fun and also provide a solid base from which children can begin their tennis education.

ADVANCED TINY TOTS

The advanced Tiny Tots classes are designed for 6 and 7 year olds who already know the fundamental strokes, and who are ready for more advanced instruction and drills before stepping into our regular junior classes (instructor permission is required).

JUNIOR GROUP LESSONS –JNTRP 1.0-3.5

Junior group lessons are designed for juniors ages 8-17. Basic strokes are covered, including forehand, backhand, serve, volley, and overhead. The classes also emphasize basic footwork, play strategy, and physical improvement drills.

JUNIOR TEAM TENNIS-JNTRP 3.5 AND UP

Levels 1.0 -3.0 (ages 13-17; JNTRP 3.5 and up) This program is intended for junior's ages 13-17 years old that are playing in Challenger or Champ level USTA tournaments and/or varsity level high school tennis. Class emphasis is on the development of competitive match skill and strategy; Players should have consistent ground strokes, volley, and serve, and demonstrate understanding of court positioning for singles and doubles play. Players should also have excellent work ethic and attitude.

JUNIOR LEVEL/RATING

BEGINNER (1.0): This player has little to no tennis and is working primarily on getting the ball into play. This player needs the basics of tennis strokes and rules.

ADVANCED BEGINNER/ADVANCED/TINY TOTS (2.0): Has taken at least one series of beginner's lessons. Player needs on court experience. Generally has incomplete swings and lacks footwork, and has grip problems. This player is learning how to play a game of tennis using play oriented skills.

LOW INTERMEDIATE "Game ready"/ADVANCED II TINY TOTS (2.5): Has taken one series of advanced beginner lessons. Fairly consistent with some directional intent on medium-paced shots; lacks execution when trying for placement, depth, or power. This player has consistent forehand volley but generally weak net play. Serve lacks consistent power; lobs moderate shots consistently. Players are learning solid stroke development with spin. Differentiation of 1st and 2nd serves. Overall, intermediate series is the transition into our 2.6 and above junior progression programs that work primarily on higher level footwork, conditioning and match play.

INTERMEDIATE (3.0): This program is the next step following low intermediate "Game ready" (2.5) group lessons. Emphasis is on developing core fundamentals of match play. Players MUST have: Consistent ground strokes volley and serve; understanding of court positioning for singles and double play.

ADVANCED (3.5): This program is the next step following intermediate (3.0). Emphasis is on development of competitive match skill and strategy. Players MUST: be competing for a high school varsity team (ages 14 and up); have an understanding of applying strategy in singles and teamwork in doubles; want to improve footwork, conditioning and shot selection.

FOR MORE INFORMATION, call the Tennis Center at (206) 684-4764

To visit SPARC website, go to www.seattle.gov and click on the "TRY SPARC" link